

WEEK 4

□ Self Help Meetings

1.

Date	Sign
------	------

 Date Sign

3
Date Sign

4
Date Sign

□ Counseling Appointments

1.

Date	Sign
------	------

2.

Date Sign

Week-to-Week Workbook ☐Physical Activity ☐ _____

Daily Prayer/Meditation □ □ □ □ □ □ □

Drug Screens ☐ _____ ☐ _____

PBT's □ □ □ □ □ □ □

Other_____

NOTES

[illegible]

WEEK 1

☐ Self Help Meetings

1.

Date	Sign
------	------

2
Date Sign

3
Date Sign

Date
Sign

□ Counseling Appointments

1.

Date	Sign
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2. _____
 Date Sign

Week-to-Week Workbook ☐Physical Activity ☐ _____

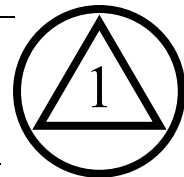
Daily Prayer/Meditation □□□□□□□

Drug Screens ☐ ☐

PBT's □□□□□□□

Other_____

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WEEK 5

STEP ONE, PART ONE

☐ Self Help Meetings

1. _____

Date

Sign

2. _____

Date

Sign

3. _____

Date

Sign

4. _____

Date

Sign

☐ Counseling Appointments

1. _____

Date

Sign

2. _____

Date

Sign

Week-to-Week Workbook ☐

Physical Activity ☐ _____

Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐ ☐ ☐ ☐ ☐ ☐

Other _____

[illegible][illegible]

1. See what their reality is through the community's eyes;
2. Come to terms with the destruction of their addiction;
3. Meet others in the LTBB Community who are also in recovery;
4. Become willing to make positive changes in their life;
5. Be introduced to the basic principles of Alcoholics Anonymous (AA), Wellbriety, and the WMDCP;
6. Complete an in depth study on Step One of the AA and Wellbriety programs.
7. Reconnect with the principles and guides within the culture of our ancestors;
8. Begin to understand the impact that their behavior has had on their family and community;
9. Begin to build a healthy routine;
10. Be introduced to the concept of Sponsorship;
11. Be introduced to the concept of Mind Mapping;
12. Begin to identify triggers;
13. Remain abstinent from drugs and alcohol; and
14. Will experience hope.

WEEK 3	
THOSE AROUND US	
<input type="checkbox"/> Self Help Meetings	
1.	
Date	Sign
2.	
Date	Sign
3.	
Date	Sign
4.	
Date	Sign
<input type="checkbox"/> Counseling Appointments	
1.	
Date	Sign
2.	
Date	Sign
Week-to-Week Workbook <input type="checkbox"/>	
Physical Activity <input type="checkbox"/> _____	
Daily Prayer/Meditation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Drug Screens <input type="checkbox"/> _____ <input type="checkbox"/> _____	
PBT's <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other _____	

[illegible]

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WEEK 8
PRESENTATION ON STEP ONE ACCOMPLISHMENT

[illegible]

WEEK 6

STEP ONE, PART TWO

☐ Self Help Meetings

1. _____

Date _____

Sign _____

2. _____

Date _____

Sign _____

3. _____

Date _____

Sign _____

4. _____

Date _____

Sign _____

☐ Counseling Appointments

1. _____

Date _____

Sign _____

2. _____

Date _____

Sign _____

Week-to-Week Workbook ☐

Physical Activity ☐ _____

Daily Prayer/Meditation ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐ ☐ ☐ ☐ ☐ ☐

Other _____

[illegible]

Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to publish these principles in all our affairs.





WEEK 7
STEP ONE, PART THREE

☐ Self Help Meetings

1. _____
Date Sign
2. _____
Date Sign
3. _____
Date Sign
4. _____
Date Sign

☐ Counseling Appointments

1. _____
Date Sign
2. _____
Date Sign

Week-to-Week Workbook ☐

Physical Activity ☐ _____

Daily Prayer/Meditation ☐☐☐☐☐☐☐

Drug Screens ☐ _____ ☐ _____

PBT's ☐☐☐☐☐☐☐

Other _____

PHASE ONE ASSESMENT DATES

☐ Physical

Doctor: _____

Date: _____ Time: _____

Location: _____

☐ Optical

Doctor: _____

Date: _____ Time: _____

Location: _____

☐ Dental

Doctor: _____

Date: _____ Time: _____

Location: _____

☐ Substance Abuse Assessment

Counselor: _____

Date: _____ Time: _____

Location: _____

NOTES
